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The Healthy Schools advisory teacher, who represents the local education authority and the local NHS health authority, commented on our schools actions during the past year...

"I really enjoyed reading through and discussing with the Quality Assurance Group the Healthy School Plus work that had been carried out at Clyst Heath. I hope you [are] pleased with what had been achieved too."

We feel this is a very positive endorsement of what the staff, children... AND parents have achieved in helping to create a healthy community.

Where next?

During the coming school year our health interventions will include:

- * developing playtimes to ensure that children feel included and supported in their play,
- * strengthening our provision of verbal and non-verbal forms of communication with our children to support their how effectively they can engage in their learning,
- * using specific strategies associated with physical activity to improve the social and emotional well-being of children.



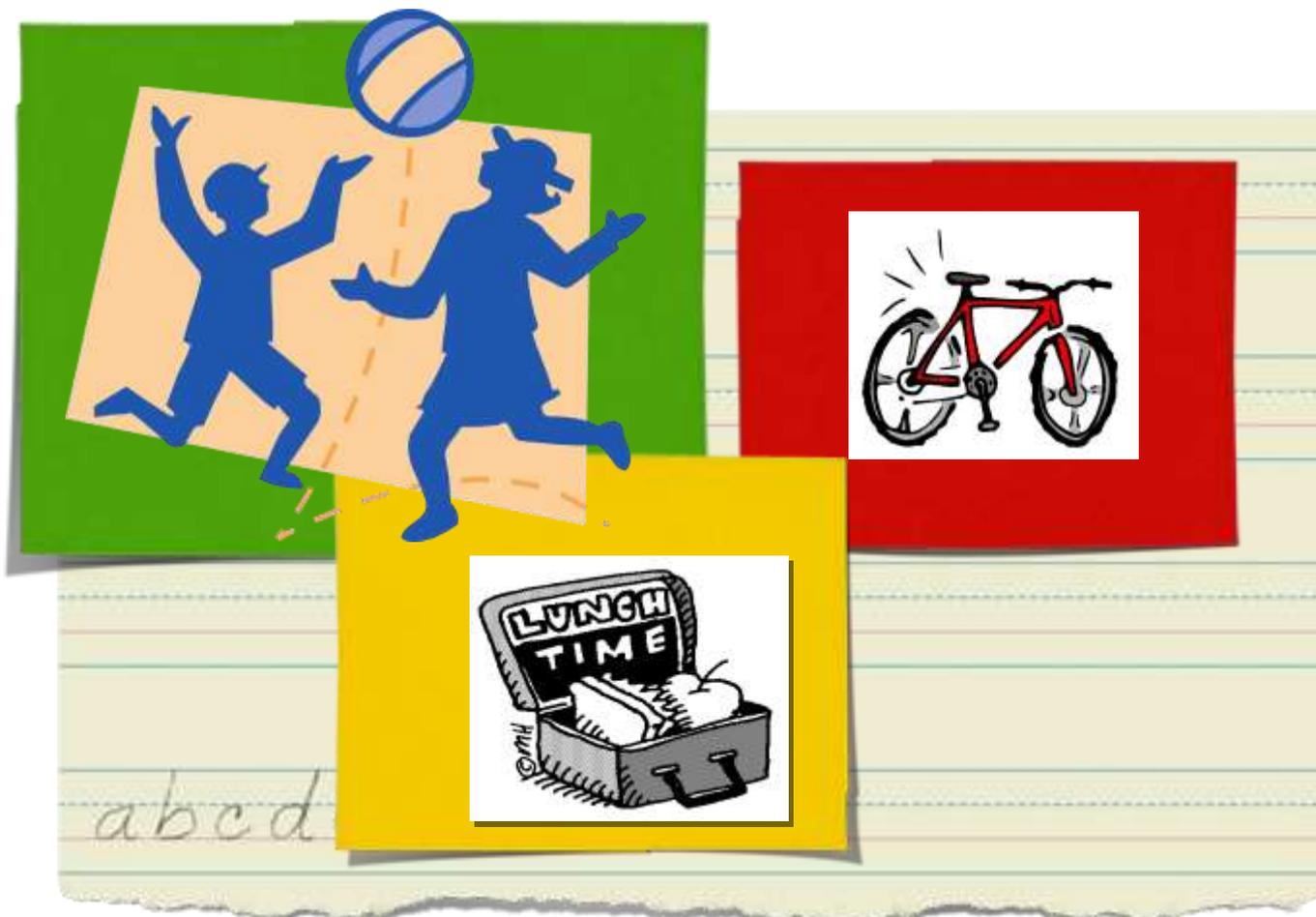
Clyst Heath Nursery and Community Primary
School, Royal Crescent, EXETER, EX2 7QT
T: (01392) 361415



CONGRATULATIONS

TO A HEALTHY
SCHOOL COMMUNITY!





WHAT HAVE WE BEEN WORKING ON?

Being Healthy involves maintaining a positive physical, mental, emotional, social and spiritual development.

For the past four terms we have focused on...

INCREASING THE NUMBER OF CHILDREN RIDING A BIKE OR SCOOTER TO SCHOOL

The school has erected a bike shelter; held special events to encourage children and parents to ride a bike to school (e.g. BMX stunt bike assembly, offering breakfast to those children to school on a bike, taken part in national and local virtual bike race competitions, held bike surgeries); ran Bike-ability training to all of the children in Year 4, 5, and 6; made road safety and the health benefits of riding a bike an explicit part of the curriculum for all ages; petitioned the local authority to adopt the highway around school; organized a ParkSmart event.

INCREASING THE NUMBER OF CHILDREN WHO HAVE AT LEAST 3 HEALTHY ITEMS IN THEIR PACKED LUNCH BOX

Written and shared with parents and children lunch box menu cards; topics across the school included elements of food technology; created displays in the lunch hall to promote having a healthy lunch box; rewarding children who bring in healthy lunch boxes and eat all of their lunch; organized for each class go to have its own vegetable garden; subsidized fruit for children in the Nursery and Key Stage 1; held Least Food Waste days

INCREASING THE NUMBER OF CHILDREN WHO ARE ABLE TO POSITIVELY ENGAGE WITH THE OUTDOOR ENVIRONMENT

Established a love of the outdoors as a place for learning by including it within topics and teaching children bush craft skills; children have planted an orchard and created a temporary willow sculpture; staff were trained in how to create willow domes, which they taught to other teachers of other school within the city; the school pond area has been developed to include a bridge and purpose built walk way; veg boxes have been built.

WE DID IT!

It is with very great pride that we are able to announce that Clyst Heath Nursery and Community Primary School has earned the national award of being a **Healthy School Plus Community**. During the past 4 terms we have consistently focused on developing three main areas of the health intervention we offer our children and this award, given to us by the local education authority and the NHS Foundation, is a positive recognition of all our efforts. If you look on the opposite side of this page you can see just what we have been focusing on and how we got there!

WHY DID WE DO IT?

The National Healthy Audit for England outlines how people living in the many different areas of the country can improve their lifestyles. In Devon, the local health authority identified *maintaining a healthy*

weight as an important way to improve the quality of life for the children in the county. As such, the staff at Clyst Heath school devised a program of intervention that would encourage the children to understand the relationship between maintaining a healthy weight and monitoring both what they eat and the level of exercise they undertake.

WHO WAS INVOLVED?

Everyone throughout the school: children, parents, teachers and support staff were involved in supporting the aims of the Healthy Schools' action plan. Different members of the teaching and non-teaching staff took responsibility for each section of the plan. When everyone's efforts were combined this resulted in us being able to produce statistical data that proved our health interventions had positively impacted on our children's understanding of what it meant to *maintain a healthy weight*.